

Supporting Your Child with Low Mood and Building Emotional Resilience



Mental Health Support Team (MHST) Workshop

OBJECTIVES

- Recognise signs of low mood and depression in children/teens.
- Learn resilience-building strategies for everyday life.
- Explore how to talk to children about difficult emotions.

TAKEAWAYS

- Low mood can affect concentration, energy, and relationships.
- Small daily routines (exercise, sleep, connection) boost resilience. Open conversations reduce stigma and build trust.

December
10th



12-1:30pm or
7-8:30pm

bsmhft.schools@nhs.net